Chicken Gumbo

Ingredients:
3-4 oz chicken breasts
2 teaspoons canola oil
1 large onion, diced
4 cloves garlic, minced
2 stalks celery, chopped
1 teaspoon Cajun seasoning
2 tablespoons all-purpose flour
4 cups chopped tomatoes
4 cups reduced-sodium chicken broth
2 1/2 cups of frozen chopped okra
4 cups brown rice (cooked)

Directions:

Cook chicken in a skillet over medium-high heat, cutting the chicken up into bite-size pieces until cooked through, about 10 minutes. Transfer to a medium bowl.

Heat the skillet to medium-high heat and add oil. Add onion and cook, stirring often, until translucent, about 2 minutes. Add garlic, celery, and Cajun seasoning and cook, stirring often, for about 30 seconds.

Add flour and cook, stirring to coat the vegetables, until the flour browns, about 1 minute.

Add tomatoes and cook, stirring occasionally, until they begin to release their juices, about 2 minutes. Stir in broth, cover, increase heat to high and bring to boil.

Return the chicken to the skillet, along with okra; reduce the heat to a simmer.

Cook until the okra is heated through, about 10 minutes.

Serve over cooked 1/2 cup brown rice.